



# Migraine Headaches and the Foods You Eat: 200 Recipes for Relief

*Agnes Peg Hartnell, G. Scott Tyler*

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**Migraine Headaches and the Foods You Eat: 200 Recipes for Relief** Agnes Peg Hartnell, G. Scott Tyler

This book offers a revolutionary way to manage and prevent migraine and other headaches through diet.

Readers will learn which foods can trigger headaches, how to determine which ones affect them, and how to prepare meals that reduce one's chances of getting a migraine.

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